

ficient of at another; thus as stated the green vegetables and raw fruit provide but so little nourishment, that in normal dietaries their presence can be neglected, but some of the natural food fanatics, while seemingly living on large quantities of these substances are really maintaining themselves on nuts whose oil content gives them a high caloric value. In a general way our appetites are so attuned that the higher the caloric value of a food, the less we naturally desire of it, thus pure fats (butter) and pure sugar (candy) are normally taken in relatively small quantities. Reference was made to the food requirements in sickness. In the fevers these are usually increased rather than diminished. In obesity where the weight is often dependent on water absorption rather than stored fat, the caloric requirements are low. Reference was made to a card of quantitative values and directions. I have long used such an one based on the weight, caloric relation; I am now replacing it by one dependent on the height. I have never had any difficulty in using it, or in getting my patients to follow its indications.

SOCIETY REPORTS

ALAMEDA COUNTY.

The regular meeting of the Alameda County Medical Association held September 21st, 1910, was devoted to internal medicine.

The following program was in charge of Dr. Edward Von Adelung:

I. Report of a case of Splenomegaly with Autopsy Findings; 10 minutes. Dr. W. A. Sawyer of Berkeley.

II. Pathological Demonstrations; 10 minutes; Malignant Endocarditis, Gastric Sarcoma. Dr. L. H. Briggs of Oakland.

III. Presentation of a Case of Hookworm Disease (Uncinariasis), patient, ova, worms, blood; 15 minutes. Dr. Edward Von Adelung and Dr. F. H. Bowles of Oakland.

IV. Important Tropical Diseases (lantern illustrations by Dr. W. A. Clarke); 30 minutes. Dr. Creighton Wellman of Oakland.

V. Blood and Urinary Cultures as Diagnostic Aids; 15 minutes. Dr. J. J. Hogan of Vallejo.

VI. Exhibition of X-Ray Negatives (X-Ray treatment of Luekaemia). Dr. L. P. Howe of San Francisco.

These subjects brought out the largest attendance so far this year. Owing to the lateness of the hour and that important business had to come before the society, there was no discussion.

The society extended a vote of thanks to Dr. Von Adelung and the gentlemen who participated in this splendid program.

P. S. NUSBAUMER,
Secretary.

RIVERSIDE COUNTY.

The first meeting of the Riverside County Medical Society following the summer vacation was held last evening at the Victoria Club. The President, Dr. A. W. Walker, acted as host for the evening. There were but twelve members present, but in spite of the small attendance the meeting was a very enthusiastic one.

The Society went on record as favoring medical inspection of schools by a regular inspector and such a recommendation will be forwarded to the Board of Education. It was also decided that we should place anti-tuberculosis Christmas stamps on sale in Riverside during the holiday season.

The paper for the evening was read by Dr. C. Van Zwalenburg on "Distention as a Result of Obstruc-

tion in Cavities Lined with Mucous Membrane."

Following the banquet the Society adjourned about midnight to meet again the second Monday in November.

GEORGE E. TUCKER, M. D., Secretary.

SAN BERNARDINO COUNTY.

Redlands, Cal., Oct. 15, 1910.

The San Bernardino County Medical Society resumed its weekly meetings the first Tuesday evening in October. The subject of the evening was "Vaccination," which was discussed with especial reference to the enforcement of the State law which makes it compulsory for all school children to be successfully vaccinated. The society went on record as favoring the strict enforcement of the State law, and passed resolutions urging the school trustees and the teachers to co-operate with the medical profession in carrying out this necessary measure in preventive medicine.

The second meeting of the month was devoted to the consideration of the inspection and care of the teeth of all school children and the paper of the evening was presented by A. C. Cameron, D. D. S. This meeting was attended by the principals of the different schools and all of the dentists of the city. A plan is now under way whereby a room will be fitted up in one of the school buildings and each of the dentists of the city will in turn devote half a day each week to the inspection and treatment of the teeth of all children whose parents are not financially able to have this work done.

The third meeting of the month will be devoted to the subject of "Typhoid Fever," and the question of carriers will be the special phase of the question to receive attention.

The fourth meeting will be devoted to the subject of "Surgery," with a paper by Dr. Beckett of Los Angeles.

Beginning with the first of November the society will again take up the post-graduate work as outlined in the Journal of the American Medical Association, which has proven of great benefit the past year.

A new feature which the society is going to add this year is a publicity column in the local newspaper. With the co-operation of the City Board of Health and of the Redlands Anti-Tuberculosis League, the society has arranged for a definite space in one of the local newspapers to be given over to public health and sanitary matters. These articles will appear once a week and all matter will be passed on by a press committee of three from the County Society. It is hoped in this way to get the physicians to take an especial interest in matters of public health and sanitation, and at the same time to instruct the public in such a manner as to make the carrying out of public health measures easier.

The public generally are very much interested in health matters and are going to read something along health lines and it would seem that the wisest course would be for the medical profession to furnish them with the truth instead of letting them be misinformed by laymen.

GAYLE G. MOSELEY, Secretary.

SAN JOAQUIN COUNTY.

The regular monthly meeting of the San Joaquin County Medical Society was held at the Moquelumne Club at Lodi, being entertained by the Lodi physicians with Dr. S. J. Hunkin of San Francisco as guest of the evening.

It being the first meeting held since the summer vacation closed, the attendance was unusually large and all the members showed a marked interest in

Society affairs which augured well for the Society for the coming year.

Dr. Hunkin read a paper on "Polio-Myelitis," giving very extensively symptomatology, treatment and affect of the disease as well as the surgical correction of the deformity left as the result of the disease. The paper proved to be one of unusual interest and the same subject would be discussed next month by Dr. Langley Porter of San Francisco.

The Committee on Ethics recently mailed to all the members the copy of the enclosed letter and are endeavoring by every possible means to stamp out the practice of abortion.

B. F. WALKER, Secretary.

Stockton, Cal., September 23, 1910.

Dr. B. F. Walker, Stockton:

Dear Doctor:—About a year ago, as you are aware, our Medical Society incorporated. One reason for doing so was, that we might adjust our affairs in a more business-like manner and handle cases which come before us with a greater facility. We, the Committee on Ethics have recently had brought to our attention the fact that certain members of our Society are doing abortion work. Such conduct is a disgrace to the medical profession and we are going to use every effort at our command to root it out. Already certain members have been asked to appear before us to answer certain informal charges which have been preferred against them. If they are innocent it will be an easy matter for them to prove their innocence, and they will be glad of the opportunity to vindicate themselves. If they can not answer satisfactorily our report will be taken before the Board of Directors and formal action will be taken against them.

This is not a personal matter with us, but as members of the Committee on Ethics we have been instructed to do away with this and other dishonorable practices in our midst to the best of our ability.

We want the help of every innocent member of the Society, and with that help we will raise the standard of our profession here.

JAMES P. HULL,
CHARLES REES HARRY,
A. M. TOWER,
W. J. BACKUS,
E. A. ARTHUR,

Committee on Ethics.

SANTA CLARA COUNTY.

The regular monthly meeting of the Santa Clara County Medical Society was held Wednesday evening, October 19, in the parlors of the St. James Hotel; Dr. J. J. Miller presided.

After the routine business of the evening was finished, Mr. Charles G. Titus, a member of the international committee of the Y. M. C. A., addressed the meeting on some phases of the Y. M. C. A. work of interest to medical men, showing many photographs of gymnasiums, swimming pools, etc., found in some of the well equipped buildings now in use in different cities. After Mr. Titus' talk the society, by unanimous vote, endorsed the movement now on foot in San Jose, to put up a properly equipped Y. M. C. A. building.

Dr. P. A. Jordan then presented a very instructive paper on "Some Borderline Cases of Ear Disease," being a discussion of some of the commoner ear troubles that are often treated by the general practitioner.

Dr. Wm. Simpson then presented a paper on "Diagnosis of Eye Diseases Without the Use of the Ophthalmoscope." This paper was also of great interest to the general practitioners present.

Dr. E. R. Wagner, president of the Santa Clara County Medical Society, is absent from the city visiting some of the eastern cities, and looking over some of the prominent eye and ear hospitals. Dr. Wagner also intends to take up some special studies in Europe, chiefly in Vienna.

Dr. D. A. Beattie, who has been ill for the past two weeks with a severe attack of bronchitis, has recovered sufficiently to leave town for a short while for rest and recuperation.

Cooper College Science Club.

The regular monthly meeting of the Cooper College Science Club was held on Monday, Oct. 3rd, 1910. The scientific program was as follows:

I. Exhibition of Medical Cases. Chas. Minor Cooper. Discussion—Drs. Shiels, Luttrell, Rixford, Alvarez, Sewall.

II. A Case of Tubercular Ulcer of the Leg Treated by Electrolysis and Zinc Chloride. E. C. Fleischner and H. H. Yerrington. Discussion—Drs. Rixford, Alderson, Cooper, Yerrington.

Refreshments were served at the close of the program.

California Academy of Medicine.

The regular meeting of the California Academy of Medicine was held July 26, 1910.

A paper was read by Dr. H. T. Sherman entitled "Rupture of the Liver, Intestinal Obstruction and Subphrenic Abscess Opening Into Left Pleura." This paper will be published in a later number of the Journal.

Dr. Howard Morrow presented a patient with Dermatitis Herpetiformis and Arsenical Pigmentation.

The last meeting of the Academy was held August 23, 1910.

Dr. W. B. Lewitt read a paper entitled "Report of Five Cases of Infantile Pyloric Stenosis Treated by Repeated Lavage." This paper may be published at a later date.

Dr. Kugeler read a paper reporting three cases of Carcinoma of the Eosophagus.

These papers were discussed by the members present.

Notice!

The Register and Directory for 1910 was delivered in November.

Please look through your copy and advise us of any corrections or changes of address.

Please give us the benefit of your criticisms or suggestions for future editions.